Open Reduction Internal Fixation Olecranon Physical Therapy Protocol

Name_________________________________________________ Date__________________

Diagnosis  s/p ORIF RIGHT/LEFT Olecranon

Date of Surgery____________________________

Frequency: _______ times/week   Duration: _______ Weeks

Precautions:
Aggressive elbow flexion ROM for 4-6 weeks
Biceps strengthening for 6 weeks
Closed kinetic chain exercises for 6-8 weeks

_____ Immediate Post-Op Phase: Weeks 0-4
Goals: Protect healing site for 4-6 weeks
Decrease pain/inflammation
Decrease muscular atrophy
Promote tissue healing

Post-Operative Week 1
Brace: Posterior splint at 90 degrees elbow flexion for 10 days
Range of Motion: Wrist AROM ext/flexion immediately postoperative
Elbow postoperative compression dressing (5-7 days)
Wrist (graft site) compression dressing 7-10 days as needed
Exercises: Gripping exercises
Wrist ROM
Shoulder isometrics (No Shoulder ER)
Cryotherapy: To elbow joint as needed

Post-Operative Week 2
Brace: Hinged elbow brace locked at 90° flexion when not in therapy
Exercises: Continue all exercises listed above
Initiate PROM of elbow 30°-100° (greater extension is acceptable)
Initiate elbow extension isometrics (sub-painful)
Continue wrist ROM exercises 4-5 x daily
Initiate light scar mobilization over distal incision
No biceps or active elbow flexion
Continue wrist ROM exercises 6-8 x daily
Cryotherapy: Continue ice to elbow
Post-Operative Week 3
Brace: Hinged elbow brace open to ROM as above
Exercises: Continue all exercises listed above
Elbow ROM 6-8 x daily
Initiate active ROM Wrist and Elbow (No resistance)
Continue PROM/AAROM elbow motion
Elbow ROM (minimal) 15°-105° progress extension as tolerated
Initiate shoulder rehab program
- Tubing IR/ER
- Full can
- Lateral raises
- Elbow extension
Initiate light scapular strengthening exercises
May incorporate bicycle for lower extremity strength & endurance

Post-Operative Week 4
Brace: Unlock completely
Elbow ROM 0° to 125°
Exercises: Begin light resistance exercises for arm
- Wrist curls. Extensions, pronation, supination
- Elbow extension
Progress shoulder program emphasizing rotator cuff and scapular strengthening
Initiate shoulder strengthening with light dumbbells
Initiate Throwers Ten if overhead athlete

INTERMEDIATE PHASE (Week 5-8)
Goals: Gradual increase to full ROM
Promote healing of repaired tissue
Regain and improve muscular strength
Restore full function of graft site

Post-Operative Week 5
ROM: Elbow ROM 0°-135°
Discontinue hinged elbow brace
Continue all Exercises: Progress all shoulder and UE exercises (progress weight 1 lb.)

Post-Operative Week 6
AROM: 0°-145° without brace or full ROM
Exercises: Continue Throwers Ten Program
Progress elbow strengthening exercises
Initiate shoulder external rotation strengthening
Progress shoulder program
Able to initiate more aggressive elbow flexion
Initiate biceps strengthening

Post-Operative Week 7
Progress Thrower’s Ten Program (progress weights)
Initiate PNF diagonal patterns (light)

____ ADVANCED STRENGTHENING PHASE (Week 9-14)
Goals: Increase strength, power, endurance
Maintain full elbow ROM
Gradually initiate sporting activities

Post-Operative Week 8
Exercises: Initiate eccentric elbow flexion/extension
Continue isotonic program: forearm & wrist
Continue shoulder program Throwers Ten Program
Manual resistance diagonal patterns
Initiate plyometric exercise program
   - Chest pass
   - Side throw close to body
Continue stretching calf and hamstrings

Post-Operative Week 10
Exercises: Continue all exercises listed above
Program plyometrics to 2 hand drills away from body
   - Side to side throws
   - Soccer throws
   - Side throws
   - Increase plyometrics as tolerated

____ RETURN TO ACTIVITY PHASE (Week 12-16)
Goals: Continue to increase strength, power, and endurance of upper extremity musculature
Gradual return to sport activities
Post-Operative Week 12
Exercises: Continue strengthening program
Emphasis on elbow and wrist strengthening and flexibility exercises
Maintain full elbow ROM
Initiate one hand plyometric throwing (stationary throws)
Initiate one hand wall dribble
Initiate one hand baseball throws into wall
Initiate interval throwing program phase I
Initiate hitting program

Post-Operative Week 14-16
Exercises: Continue interval throwing program
Gradual return to sports

Comments:

___ Functional Capacity Evaluation ___ Work Hardening/Work Conditioning ___ Teach HEP

Modalities
___ Electric Stimulation ___ Ultrasound ___ Iontophoresis ___ Phonophoresis
___ TENS ___ Heat before ___ Ice after ___ Trigger points massage ___ Therapist’s discretion

Signature ___________________________________________ Date ______________________